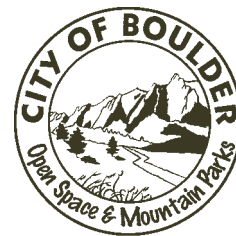


Natural Selections



Rekindle your sense of wonder!

All nature programs are **free** and open to the public. Please bring water, snack and wear suitable footwear. **Please do not bring dogs.** Call OSMP at 303-441-3440 for more information. Boulder sales tax revenue pays for these programs. Shop in Boulder to support Open Space & Mountain Parks!

Visit our website for more Natural Selections programs and directions to meeting points: www.NatureHikes.org

ANIMAL CRACKERS Just for KIDS!

Hiking as a Family

Fri June 4, 10 am – 11:30 am

Load up the family and hit the trails! Naturalist Jennelle Freeston, and Lisa Dierauf, Community Outreach Coordinator will share their ideas on the importance of getting kids outdoors for National Get Outdoors Day and beyond. Meet at the Chautauqua Ranger Cottage and be prepared for a hike up the McClintock trail. See what they have in their “bag of tricks” to encourage kids to soak up the natural world.

Little Bikes on the Prairie (Mountain bike tour)

Sun June 6, 10 am – noon

Join naturalist Dave Sutherland for an easy family bike trip along South Boulder Creek. We'll cycle slowly through rare tallgrass prairie and stop to explore the creek. Bring a bike helmet and bikes that are ready to ride! Tag-alongs and bike baby seats are OK. Meet at the Bobolink Trailhead. Ages 6 and up; 6 flat miles round trip.

Just for
Kids!

Meadow Music:

Nature Hikes and Songs

Mon June 7, 5:30 - 7 pm

Mon June 14, 5:30 - 7 pm

Mon June 21, 5:30 - 7 pm

Mon June 28, 5:30 - 7 pm

Children and parents can join OSMP's Jeff, Mark and Paige for an evening of children's music and nature. We'll take a short hike on the McClintock Trail (moderate steepness) to meet our animal friend of the week. The hike will be followed by 45 minutes of nature music for kids on Chautauqua Green. Music will be appropriate for children ages 3-8 but all ages are welcome! Feel free to bring a blanket and a picnic dinner. Meet at the Chautauqua Ranger Cottage.



Nature for Kids & Parents

Sun June 27, 1 – 3 pm

Find out why wildflowers are important to wildlife and the land. Experience wildflowers and their roles on a hike in beautiful Chautauqua meadow with Early Childhood Educator, Debora Martin/Volunteer Naturalist. Meet at the Chautauqua Ranger Cottage for an easy hike. Ages 6 and up.



Wagons Ho! (Mountain bike tour) **Sat June 5, 9 am – 12:30 pm**

Ranger/Wagon Master Dave Gustafson will lead this bike tour about the history of the short grass prairie. We'll ride 6 miles on single track and crusher fine trails. This is a moderately strenuous tour. A mountain bike, water and helmet are required. No pets please. Meet at Lefthand Trailhead (go 4 mi north of Boulder on Hwy 36 to Neva Rd, then east 1/2 mile to the trailhead).

Newcomer's Hike: Open Space 101 **Wed June 9, 5:30 - 7:30 pm**

Get a crash course in OSMP 101 with naturalist Jennelle Freeston. Enjoy an introduction to the area's biology, geology and history while hiking up to touch the Second Flatiron. Meet at the Chautauqua Ranger Cottage for this moderately strenuous hike. 2.5 miles, 700' elevation gain.

Roll and Stroll Birdwatching **Sat June 12, 8:30 am**

Join Boulder County Audubon Society and OSMP on a birdwatching field trip at Boulder Valley Ranch. Knowledgeable Audubon birders team up with naturalist Topher Downham to provide this fun birdwatching experience to people who use walkers, wheelchairs, strollers, or just plain old legs. Birdwatching begins on the Sage Trail at 9:00 am. Extra wheelchairs available for assistance or just to experience.



Join the List!

Get Natural Selections by e-mail

Join our mailing list for weekly reminders and never miss another program. Visit our web site to sign up.

www.NatureHikes.org



Stroll or Roll Wildflowers

Wed June 16, 5:30 – 7:30 pm

Wheelchair users and other people with disabilities will love this easy hike. Join naturalists Megan Bowes and Topher Downham for a stroll near South Boulder Creek looking for wildflowers. Extra wheelchairs available if needed or if you would like to try one out. Meet at S. Mesa Trailhead parking lot (N side of Eldorado Springs Dr.)



Geology for the Average Bear

Wed June 16, 6 – 8:30 pm

If you think geology is fascinating but too technical, this is the program for you. Boulder's rocks tell wild stories that include dinosaurs, glaciers, vast swamps, oceans and ancient mountain ranges now vanished into the dust of time. Join naturalist Dave Sutherland for an easy hike and a journey into Boulder's past. Meet at NCAR parking lot. 2 miles, 300 feet elevation gain.

Evening Hike to Wood's Quarry

Thu June 17, 5:30 – 7:30 pm

Unwind after a busy day by taking a fun evening hike to Wood's Quarry. Follow naturalist Suzanne Michot to one of the historic stone quarries on Open Space Mountain Parks. Find out about this unique place on Open Space and the interesting flora & fauna that surrounds it. Approx. 2.5 miles with 700 foot climb. Meet at the Chautauqua Ranger Cottage.

Green Mountain: Top of the World

Sat June 19, 9 am – 2 pm

Hike up shaded canyons to the incomparable views from Green Mountain Summit. We'll visit a fragile Habitat Conservation Area that protects some of Colorado's rarest plants, and watch swarms of butterflies that congregate on the peak. Dave Sutherland and Deb Martin will lead this very strenuous climb to the top of the world. Bring lunch to eat on the summit. 5.5 miles, 2,500 foot climb. Meet at Chautauqua Ranger Cottage.

What's Abuzz? Pollination!

Sun June 20, 9:30 am – Noon

Join plant ecologist Megan Bowes for a leisurely hike along Green Mountain West Ridge trail to look for pollinating insects and hummingbirds, and the wildflowers they frequent. Bring field guides, magnifying glasses, and close-focusing binoculars if you have them. Meet at Realization Point (the parking area 3.5 miles up Flagstaff Road) and carpool to the trail access point.

Mysterious Moon

Sat June 26, 7:45 – 10 pm

Experience the transition as dusk turns to night on Open Space and Mountain Parks, and open your senses to the world of moonlight. We'll spend some time in quiet personal contemplation and explore what feelings it evokes in you. Please wear sturdy shoes as this hike has some steep rocky climbs. Also, bring flashlights in case it is a cloudy night. Meet naturalists Thiya Steele and Suzanne Michot at the Chautauqua Ranger Cottage.

Gentle Yoga, Gentle Hiking

Tue June 29, 6 to 8 pm

Join Yoga Instructor John Steele and naturalist Suzanne Michot for yoga and hiking on Open Space Mountain Parks. Gentle yoga movements and stretching mixed with easy walking on trails is one way to reduce stress after a hard work day. No mat or blanket necessary. Wear loose clothing and bring water. Meet at Chautauqua Ranger Cottage.

OSMP AND THE ARTS

Space is limited and reservations are required, 303-413-7657. Location information is provided at registration.

Nature Journaling: A "Deep See" Journey into the Wild

Mon June 7, 9 am – 11:30 am

Mon June 14, 9 am – 11:30 am

Mon June 21, 9 am – 11:30 am

Mon June 28, 9 am – 11:30 am

Using nature journals as a launch pad, we will embark on a "deep see" journey through the landscape. Join artist Deb van den Honert as we explore the natural world with our eyes, ears, noses and fingers. You are welcome to sign up for one or all of the session dates. They will build on each other, but also stand alone.

Shapes and Textures in Nature

Mon June 14, 4 - 7:30 pm

Explore the shapes found in nature through watercolors, and learn some texture, color, and composition secrets employed by long time Boulder poster artist Anne Gifford in her own vibrant paintings of Colorado landscapes. Anne will first show and talk about her artwork, and after demonstrating some of her techniques, will give you the opportunity to try your hand at painting a classic Chautauqua scene. All levels of painters are welcome.

Collage as an Expression of Nature

Sat June 19, 9 am – Noon

Join us for this easy hike and workshop to explore the beautiful sights, colors, shapes and textures of Boulder's Open Space and Mountain Parks. Join naturalist and artist Jane Larson and walk the land for inspiration and explore the art of collage making.